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## Macomb closing for upgrades

U.S. ARMY GARRISON-HAWAII Public Affairs Office

SCHOFIELD BARRACKS -Drivers are asked to be patient and cooperative during an upcoming traffic improvement project, beginning Feb. 2, that will temporarily close Macomb Gate to inbound

The closure is anticipated to last for approximately five months.

Workers will be replacing the existing intersection in front of the Tropic Lightning Museum at Macomb Road and Waianae Avenue with a roundabout to improve traffic safety and flow into and out of Macomb Gate.

While this improvement project is underway, garrison officials are asking for drivers' kokua to help lessen potential traffic impacts.

Drivers should anticipate potential delays and allow extra travel time. When possible, drivers are encouraged to carpool or avoid the immediate area, especially during the peak morning traffic hours of 5-7 a.m. and 8-9 a.m.

As an alternative, drivers should use either McNair Gate on Wilikina Drive or Foote or Lyman gates on Kunia Road, and they should have their IDs ready when entering the gates.

Staffing at the gates will be increased to compensate for additional inbound traffic, and personnel will be provided to man installation intersections to maintain traffic flow, as needed.

Signs have been placed on public roads outside of the installation to further alert area drivers of the upcoming Macomb Gate inbound closure.

Throughout the project, Army officials will monitor and assess traffic impacts, and maintain communication and coordination with the Hawaii State Department of Transportation and the Honolulu Police Department.

Macomb Gate was originally scheduled to close last September but was delayed due to the Karson Thot Bridge closure in Wahiawa. The on-post project was delayed, so these two traffic-impeding construction projects would not occur at the same time. The Macomb project can't be delayed again due to funding constrictions.

According to recent studies, Honolulu is ranked in the top five cities for the most traffic congestion, and Army installations suffer the same obstructions - lack of

USAG-HI installations lack room and funds to expand. With all the brigades back from deployment, we must all work together and remain patient to deal with the more crowded installation.

USAG-HI appreciates the community's understanding as it paves the way for better traffic flow and safety in the future.

#### **Traffic Updates** For the latest information

on gate hours and traffic upwww.garrison.hawaii.army. mil. Click on "News & Events," then click "Traffic Alerts.

### **BEST OF THE BRONCOS**



Staff Sgt. Cashmere C. Jefferson | 3rd Brigade Combat Team Public Affairs

SCHOFIELD BARRACKS — Sgt. Ashley Burleigh, radiology specialist, 325th Brigade Support Battalion, 3rd Brigade Combat Team, 25th Infantry Division, thunders the Creed of the Noncommissioned Officer in front of the president of the board and command sergeants major of the 3rd BCT, 25th ID, during the NCO and Soldier of the Quarter board, Jan. 10, held at the brigade headquarters, here. See the full story, p. A-5.

## **Army Chief of Staff visits Schofield**

MASTER SGT. KRISHNA GAMBLE 25th Infantry Division Public Affairs

The 38th Chief of Staff of the Army, Gen. Raymond Odierno, visited Schofield Barracks to meet with senior leaders and observe how Soldiers train in the Pacific, Jan. 8-9.

The CSA met with Maj. Gen. Kurt Fuller, commander, 25th Infantry Division, and other leaders, to discuss the health of the Tropic Lightning Division, and the challenges of home station training and facilities in Hawaii.

The Division's mission in the Pacific was also a key topic of discussion.

"There are a lot of people in this area of responsibility and 36 partner nations. Seven of the 10 largest armies in the world are here."

Lt. Gen. Francis Wiercinski Commander, U.S. Army Pacific

"This is a tough time right now," Odierno said. "We are still deploying, we still have combat missions, we are trying to recover from 10 years of war, we are re-establishing training methods, we are re-establishing sustainment methods and we are

trying to go forward in a new way. There has probably never been a more complex period in our Army than there is right now."

Since the release of the President's Defense Strategic Guidance in January 2012, the portion of the document referencing the security and prosperity of the Asia-Pacific region has generated much in-"There are a lot of people in this area of respon-

sibility and 36 partner nations. Seven of the 10 largest armies in the world are here," said Lt. Gen. Francis Wiercinski, commander, U.S. Army-Pacific. "We deal in that human domain on a day-to-day basis, and that's why engagements and exercises and communication are so vitally important to us maintaining peace, stability and security in the

25th ID's role in this rebalance/refocus process is to act as the Pacific commander's quick response force, providing security in real-world events. Based in Hawaii since its inception in October 1941, the 25th ID has been involved in Operation Iragi Freedom, Operation Enduring Freedom and Operation New Dawn, and is now focused on regional partnerships in the Pacific.

During a visit to the Mission Training Complex, Schofield Barracks, Odierno toured the tactical operations center and met with 2nd Stryker Brigade Combat Team leaders to discuss Army policy, strategy and how Soldiers are being trained to meet the requirements of the Pacific region mission.

"The missions that you are going to be involved in require leadership," Odierno said. "It requires leaders who can understand and access the envi-



Sgt. Daniel Johnson | 2nd BCT Public Affairs

Gen. Raymond T. Odierno, Army Chief of Staff, talks with Col. Thomas Mackey, 2nd Stryker Brigade Combat Team commander, Jan. 9, during a Mission Command Exercise at the Mission Training Complex, Schofield Barracks.

See CSA, A-4



Photo by Erin A. Kirk-Cuomo

Secretary of Defense Leon E. Panetta, left, addresses reporters as the Chairman of the Joint Chiefs of Staff, Army Gen. Martin E. Dempsey, listens during a press briefing Jan. 10, at the Pentagon in Arlington, Va. Panetta and Dempsey discussed how the Department of Defense would be affected by sequestration.

## Panetta says fiscal crisis poses biggest immediate threat to DOD

KAREN PARRISH American Forces Press Service

WASHINGTON — The "perfect storm of budget uncertainty" howling around his department is the biggest immediate threat facing the U.S. military, Defense Secretary Leon E. Panetta told re-

porters, here, Jan. 10. Panetta and Army Gen. Martin E. Dempsey,

chairman of the Joint Chiefs of Staff, stressed during a regular Pentagon press conference that unless Congress acts, the nation's military readiness will be compromised.

The U.S. has a number of adversaries around the world, Panetta said, "but the most immediate threat to our ability to achieve our mission is fiscal uncertainty: not knowing what our budget will be, not knowing if our budget will be drastically cut and not knowing whether the strategy that we put in

place can survive."

Panetta emphasized that DOD "is doing its part" by implementing, during the next decade, the \$487 billion spending reduction set by Congress.

"We designed a strategy, we know what the elements of that strategy are, we built a budget based on that and we achieved our savings by virtue of that strategy," he said.

But the additional half-trillion-dollar "meat-axe cuts" sequester would trigger still loom "less than 50 days away," the secretary noted.

Panetta noted defense strategy places the highest priority on operations and maintenance funding as the key to a ready force.

The secretary said practical results of these cuts

See SECDEF, A-7

#### Home again **A-3**

Families reunite with their Soldiers.



#### Virtual world | A-5

Fully immersive virtual trainer allows Soldiers to train under realistic conditions.

#### **Pono Customer** Service | B-1

Polite, professional and positive is the garrison way for customer service.



#### Divorce, the **Sesame Street** way | B-4

Workshop helps kids cope with divorce.



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Col. John Cardwell (left), incoming acting commander, 9th MSC, accepts the 9th MSC Flag from Maj. Gen. William Beard, deputy commander, U.S. Army Reserve, U.S. Army-Pacific, during a change of command ceremony, Saturday.

# **Pacific Army Reserve** changes leadership

BRIAN MELANEPHY

9th Mission Support Command Public Affairs

FORT SHAFTER FLATS — A change of command ceremony for the 9th Mission Support Command, Pacific Army Reserve, took place, here, Saturday.

Approximately 300 Soldiers, friends, family members and guests attended the cere-

Pacific Army Reserve unit representatives from the 9th MSC's 10 major subordinate units stood proudly in formation as command passed from Brig. Gen. Michelle G. Compton, outgoing commander, to incoming acting commander Col. John E. Cardwell, who comes to Hawaii from the 84th Training Command, Fort Knox, Ky., where he served as chief of staff.

Compton leaves after 31 months of service to the 9th MSC and the Pacific Region.

Maj. Gen. William G. Beard, deputy commander, U.S. Army Reserve, U.S. Army-Pacific, presided over the ceremony.

9th MSC has approximately 3,500 Soldiers and civilians serving in Hawaii, Alaska, Guam, Saipan, American Samoa, Korea and Japan a geographical region encompassing nearly 52 percent of the globe.

A truly unique Army Reserve organization, 9th MSC includes the famous 100th Battalion, 442nd Infantry, and the 548th Transportation Detachment. The 548th is a detachment of Army mariners who man and sail the Logistical Support Vehicle (LSV-7) Staff Sgt. Robert T. Kuroda, named for the Medal of Honor recipient.



#### We would love to hear from you

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## F TSTEPS in FAITH —

## MLK's legacy, faith to honored

CHAPLAIN (LT. COL.) DONALD EUBANK U.S. Army Garrison-Hawaii

Monday, Jan. 21, is Martin Luther King Jr. Day, and most federal and state offices and public schools recognize the day, as they should.

But, will they teach students about King's religious faith, which motivated and guided his campaign for civil rights, or will what young people learn about this great American be a sanitized, politically correct and incomplete story about the values and beliefs that motivated King?



Eubank

During his Birmingham civil rights campaign, King required every participant to do 10 things. The first was to "meditate daily on the teachings and life of Jesus." Others included the expectation that all participants would "walk and talk in the manner of love, for God is love," and "pray daily to be used by God in order that all men might be free."

To truly understand MLK, students must learn about his Christian faith. It was at the heart of what he did.

This month, something else worth celebrating happens just five days before MLK Day, and it's a perfect fit. Every year since 1993, the president proclaims Jan. 16 to be "Religious Freedom Day." He asks the nation to celebrate religious liberty.

Jan. 16 is the anniversary of the passage in 1786 of the "Virginia Statute for Religious Freedom," drafted by Thomas Jefferson. The men who drafted the U.S. Constitution leaned heavily on Jefferson's statute in establishing the First Amendment's guarantee of religious freedom. Today, that protection is as important

Since MLK Day and Religious Freedom Day occur within days of each other, it is a perfect time for us to connect the dots between King's fight for civil rights and the freedom of religious expression in the United States. King's call for justice was guided by his religious convictions and the liberty to act on those

It should be no surprise to any of us that religious freedom is coming under increasing assault in this country. Long before our nation's independence, weary settlers sought refuge on our shores to escape religious persecution on other continents. Recognizing their strife and toil, it was the genius of America's forefathers to protect our freedom of religion, including the freedom to practice none at all. Many faiths are now practiced in our nation's houses of wor-

ship, and that diversity is built upon a rich tradition of religious tolerance. Therefore, as we honor the legacy of King, President Barrack Obama encourages us to also celebrate our religious freedom and the early realization of our nation's founding ideals in Virginia's 1786 statute.

The Virginia Statute for Religious Freedom was more than a law; it was a statement of principle, declaring freedom of religion as the natural right of all humanity, not a privilege for any government to give or take away.

In his declaration of Religious Freedom Day, Obama said, "Faith can bring us closer to one another, and our freedom to practice our faith and follow our conscience is central to our ability to live in harmony. On Religious Freedom Day, let us pledge our constant support to all who struggle against religious oppression and rededicate ourselves to fostering peace with those whose beliefs differ from our own.

"In doing so," Obama continued, "we reaffirm our common humanity and respect for all people with whom we share a brief moment on this Earth."

## Simple basics improve situational awareness skills

COMMAND SGT. MAJ. RAY DEVENS JR. 25th Infantry Division

It is essential that we reestablish our basic Army customs and courtesies, not only to improve unit and individual Soldier discipline, but also to enhance tactical awareness and encourage the much-needed "warriorhunter" mindset in every Soldier and leader.

As members of our profession of arms, we have a moral obligation to present a basic

sense of discipline and duty above the average citizens of our nation.

Devens Jr.

#### **Situational Awareness**

One of our most important responsibilities is to be proficient in situational awareness for the management of violence and chaos. No matter what position we hold, we must develop ways to progress our warrior spirit and combat skills for any given mission.

We must exercise discipline in developing situational awareness, keen eyesight, sharp ears and intense curiosity in order to ensure we can effectively and in situational awareness. stealthily maneuver when duty calls.

Over the past 10 years of combat, we have allowed technical enhancers and collection resources to perform our awareness and responsiveness for us. But even with the many high-speed assets available to find, fix and finish any enemy threat, in the end, the most essential sensor is the Soldier on the ground.

Soldiers must each be able to apply their individual combat, man-hunting skills and basic stalking abilities to anticipate, find and destroy the enemy. We can take advantage of two basic Army customs and courtesies that we use every day to not only inspire discipline, but also progress this warrior hunting mindset to better prepare our abilities to survive in the chaos of ground warfare.

#### **Police Call**

The first of these basic Army customs and courtesies is the performance of the police call; it provides an excellent opportunity to develop the detection and hunting skills we need as warriors. It must be more than just getting in line to seek out trash; it must be focused on the discipline of improving our areas while enhancing visual combat-tracking skills and proficiency

The value in developing scanning techniques, in the reading of enemy signs, will better one's survivability in small unit dismounted patrolling operations, an ability that all Soldiers are expected to perform.

FM 7-93, Appendix F, "Tracking and Counter-tracking, Evasion and Escape, Survival," is a great manual to understand the basics in combat-tracking, area judgment and combat vision, and describes how the importance of reading signs (such as footprints, fresh digging, machine gun positions, RPG back-blast, types of vehicle, etc.) will increase combat effectiveness in future combat operations.

#### Greeting and saluting

The second custom and courtesy is the acknowledgment and greeting of senior noncommissoned officers and officers.

AR 600-25, "Salutes, Honors, and Visits of Courtesy," describes every Soldier's responsibility in building and maintaining discipline by seeking out and recognizing all senior NCOs and officers with the greeting of the day.

See B2B A-8

January 21 Martin Luther King Day.

How do you pay forward Dr. King's legacy?

3rd Brigade Combat Team Public Affairs Office



'By increasing the knowledge of the dream, so that the initiative comes easy.'

Staff Sgt. Lori L. Anstey Brigade aviation element NCO, HHC. 3rd BCT, 25th ID



"By accepting everyone for who they are, not by color of their skin.'

Spc. Edgar Benavidez Artilleryman, 3rd Bn., 7th FA Regt., 3rd BCT, 25th ID



"I teach my children his message so that they can appreciate the freedoms they have today.'

Staff Sgt. Mary F. Chavis Air traffic controller. HHC. 3rd BCT.



"By continuing to respect everyone by treating people equally, regardless of race.

Sgt. 1st Class Konrad U. Nikolao HHC, 3rd BCT 25th ID



"By accepting and celebrating diversity.'

Master Sgt. Sylvia N. Thomas Food service supervisor, HHC, 3rd BCT, 25th ID

SOLDIERS HAWAII ARMY WEEKLY JANUARY 18, 2013 | **A-3** 

#### REDEPLOYED!



Photos by Spc. Ariana Cary | 25th Infantry Division Public Affairs

WHEELER ARMY AIRFIELD — Sgt. Greg Alvarado, 2nd Bn., 25th Avn. Bn., 25th CAB, gets hugs from his son Josiah; wife Amber; and daughters, Allison and Arella, after reuniting with them following 25th CAB's Main Body 9 redeployment ceremony, here, Saturday, which brought to an end his yearlong deployment to Afghanistan.



WHEELER ARMY AIRFIELD — Lt. Col. Kelly Hines (front left) and Command Sgt. Maj. Trefus Lee (front right), command team, 2nd Bn., 25th Avn. Reg., 25th CAB, and their Soldiers listen to a few words of appreciation before being dismissed from their yearlong deployment to Afghanistan during the 25th CAB's Main Body 9 redeployment ceremony, here, Saturday.

### DEPLOYED FORCES

## **TF Falcon assumes OEF** aviation command

3rd Combat Aviation Brigade, 3rd Infantry Division

KANDAHAR AIRFIELD, Afghanistan — The responsibility of aviation operations in Regional Commands South, Southwest and West was officially passed from "Task Force Wings," 25th Combat Aviation Brigade, 25th Infantry Division, to "Task Force Falcon," 3rd CAB, 3rd Inf. Div., on the flight line, Ian. 9.

Senior Afghan leaders from Kandahar Air Wing attended the ceremony.

The KAW recently made strides toward Afghan independence through strengthening the partnership with Task Force Fal-

The airfield, where aircraft depart daily to support ground forces in an area slightly smaller than the state of Montana, was a fitting backdrop for the aviation task forces ceremony.



Beverly Tate (right), 25th CAB family readiness group senior advisor, explains the brigade's fami- $\label{thm:continuous} \mbox{ly tree showing all the units of the brigade to Linda Odierno, spouse of Army Chief of Staff Gen.}$ Raymond Odierno. The two toured 25th CABs FRG Center on Wheeler Army Airfield, Jan. 9. The FRG Center is the 25th CABs one-stop-shop for family members and Soldiers.

## Odierno visits Yellow Ribbon Rm.

Story and photo by SGT. MATTHEW RYAN

25th Infantry Division Public Affairs

WHEELER ARMY AIRFIELD — The 25th Combat Aviation Brigade's Family Readiness Group Center, was visited by Linda Odierno, spouse of Gen. Raymond Odierno, Army Chief of Staff, for a tour of the onestop-shop for family members and Soldiers,

Key leaders of the FRG had their voices heard about the lessons learned and positive outcomes following the recent deployment to Afghanistan.

Beverly Tate, 25th CAB FRG senior advisor, guided Linda Odierno through the facility as they discussed different services offered to family members and Soldiers.

The FRG Center is a one-stop-shop, helping with legal advice, reaching out to a chaplain, speaking with a military family life consultant and receiving paperwork from a consolidated human resources shop for

tasks such as registering a vehicle. The center has an Internet café where family members and Soldiers may surf the web for free, and the building also offers Wi-Fi for people to use on their personal

Odierno said she was impressed with how much information and resources were available in one building. She spoke about how the building has a warm and homey feeling with TV and movies, books and com-

fortable sitting through the center. The tour ended at the Yellow Ribbon Room, where members of the Army Community Service discussed the benefits ACS offers to families. The room is where fami-

ly members and Soldiers gather in a safe

and comfortable location for meetings. A

conference room is separated from the area and where children can play in a safe envi-

Odierno commented on how well the 25th CAB is organized and the participation of all family readiness support assistants across the brigade. She spoke about how she hadn't seen this level of teamwork across an entire brigade before, with everyone helping each other, like a big family.

The CSA met up with her in the Yellow Ribbon Room, where they discussed different lessons and outcomes with key leaders of the FRGs. One issue discussed was how the brigade currently has multiple FR-SAs, but due to restructuring of the Army and rebalance of the Pacific forces, only one FRSA is allowed per brigade when it

Gen. Odierno talked about how Pacific forces are rebalancing due to new strategies of the Army and a drawdown in Afghanistan. With the drawdown, he said, the 25th Infantry Division is now training for the Pacific Command Response Force.

Being part of the PCRF means that 25th ID is responsible for assisting its international partners within the Pacific area. The Tropic Lightning Division must be ready for deploying support and aid anywhere in the region within 18 hours.

FRGs are comprised of volunteers at all levels of a unit, from the company to the brigade. They work with the spouses and family members of deployed Soldiers to help pass information and keep morale high. FRGs also hold meetings regularly, update information about redeployments, answer questions, welcome new family members to the unit and provide support or

helpful resources when needed.



Maj. Gen. Stephen Lyons (left, at podium), commander, 8th TSC, addresses Soldiers of the 45th Sust. Bde., 8th TSC, led by Col. Jeffrey Drushal and Command Sgt. Maj. Erik Frey at their redeployment ceremony at Wheeler Army Airfield, Dec. 30. The brigade returned from a yearlong mission providing logistical support in southern

## **Lightning Support welcomed** home after year deployment

SGT. CHRIS HUDDLESTON

45th Sustainment Brigade Public Affairs 8th Theater Sustainment Command

WHEELER ARMY AIRFIELD — Families and friends of the 45th Sustainment Brigade, 8th Theater Sustainment Command, gathered to greet their Soldiers in two redeployment ceremonies, Dec. 23 and 30.

The 45th Sust. Bde. had deployed for a 12month mission to Kandahar, Afghanistan, to provide logistical support to units operating in Regional Commands South, Southwest and West in support of Operation Enduring Freedom

Soldiers of the 45th accomplished their mission of providing support to commanders and giving them freedom of action unconstrained by logistics. They streamlined several processes over the course of 2012.

All of that hard work was the last thing on their minds as they saw their families and friends for the first time in many months.

"It's really good to be back," said Spc. Jarred Carter, property book office clerk, 45th Sust. Bde. "The best part is having all the things I missed right at my fingertips: my family, a real bed and the one thing I can't get anywhere else, the ocean."

After a long year enduring the harsh climate of Afghanistan and Kandahar Airfield's infamous sewage pond, coming home to paradise makes the redeployment all the sweeter, Soldiers said.

"Returning from deployment is always exciting," said Staff Sgt. Aaron Spencer, retention noncommissioned officer, 45th Special Troops Battalion, 45th Sust. Bde. "But nothing compares to coming home when you live on the gorgeous island of Oahu. I'm grateful to be back home in the land of 'Aloha Fridays' and blue water. I cannot wait to spend some long overdue time with my family and friends after all the support they have given me throughout the last year."

New experiences and growth, both as individ-



Maj. Gen. Stephen Lyons, commander, 8th TSC, greets Soldiers from the 45th Sust. Bde., 8th TSC Dec. 30 at Hickam. The 45th Sust. Bde. returned from a yearlong mission providing logistical support in southern Afghanistan.

uals and as a team, turned the 45th into a family.

We definitely came together as a team while deployed," said Carter. "I feel like I learned a lot, as this was my first time deployed. The workload was more than I was used to at the beginning, but I stepped into it quite well, once I saw what we were accomplishing as a brigade. It was a definite success and makes me proud to do my small part for the operation as a whole."

After a brief speech, Maj. Gen. Stephen Lyons, commander, 8th TSC, said the words every Soldier and family member wanted to hear: "Dismissed."

## 45th SB transfers OEF authority

SGT. 1ST CLASS MAURICE SMITH

45th Sustainment Brigade

KANDAHAR, Afghanistan — It was Mele Kalikmaka for the 45th Sustainment Brigade, 8th Theater Sustainment Command, as it transferred authority of all logistical operations here, to the 3rd Sustainment Brigade, based at Fort Stewart, Ga.

Like an early Christmas present, the transition took place on Christmas Eve.

Although the Soldiers of "Lightning Support" were not back with their families at Schofield Barracks on Christmas, they did take their final step toward redeploying home after a ceremonial cas-

ing of their colors, signifying that their mission was

completed.

Col. Jeffrey Drushal, commander, 45th Sust. Bde., reflected on the accomplishments of his unit and highlighted its most important accomplishments, working side-by-side with each other and building friendships that will last a lifetime.

'Ten years from now, nobody is going to remember the number of convoys you have driven. Nobody is going to remember the supplies you delivered," said Drushal. "But they will remember the mentorship, the friendships, the inclusiveness in the community that you generated.

"I have no doubt that as we transfer authority to the Providers (3rd Sust. Bde.), our body of work will continue honorably," he said.

Master Sgt. Krishna M. Gamble | 25th ID Public Affairs

Gen. Raymond Odierno, Army Chief of Staff, discusses multiple topics with 2nd BCT leaders, including strategy and Army policy.

Sgt. Daniel Johnson | 2nd BCT Public Affairs

Prior to an office call with the 25th Infantry Division commanding general, Maj. Gen. Kurt Fuller, Jan. 8, at 25th ID Headquarters, Gen. Raymond Odierno, Army

## CSA: Chief, spouse visit 25th CAB's Family Support Center, Yellow Ribbon Room

CONTINUED FROM A-1

ronment you are going into, and (who) understand how you are able to use the resources and assets available to you to continue moving forward with the mission. That's a really tough leadership task, but it's one I know you are all pre-

Chief of Staff, looks at photos of previous 25th ID commanding generals.

pared for."

The CSA, accompanied by his wife Linda, also visited the 25th Combat Aviation Brigade's Yellow Ribbon Room. Located at the Family Support Group Center on Wheeler Army Airfield. This room is described as a safe and comfortable location where family members and family readinect and discuss various issues and concerns. It all health and morale of families during deployalso features an array of amenities to help families keep in touch with deployed Soldiers.

Linda Odierno commented on how well the 25th CAB is organized and the participation of all the FRSAs across the brigade. She strongly be-

ness support assistants are able to meet, con- lieves that the benefits of the FRG help the overments, and even in garrison.

Soldiers of the 25th CAB began redeploying to Hawaii with the first group returning in December. The 25th CAB served the past year in Afghanistan in support of OEF.



Photo by Staff Sgt. Bernardo Fuller

Commanding general, USARPAC, Maj. Gen. Francis Wiercinski, welcomes Undersecretary of the Army Joseph Westphal into Richardson discuss new and ongoing developments in the Asia-Pacific region.

## **Undersecretary** visits Hawaii

STAFF SGT. AMBER ROBINSON U.S. Army-Pacific Public Affairs

FORT SHAFTER — Undersecretary of the Army Joseph Westphal visited, here, Jan. 13-14, to meet with members of Headquarters U.S. Army-Pacific to discuss recent Army developments in the

Westphal met with Lt. Gen. Francis Wiercinski, commander, USARPAC, and other leaders to reinforce the Army's role and the strategic importance of partnerships in the Asia-Pacific region. During his Hawaii visit, Westphal spoke about the current re-

balance of troops and resources in the Pacific region.

"We're focused on transitioning to a defense strategy that places a greater emphasis on the Asia-Pacific region," said Westphal. "First of all, the strategy we have to have as a nation has to be ballistic across the world. What that means is that it allows us to essentially shift some of our priorities to the Pacific region in ways that we haven't been able to do in the past, because of our engagements in the Middle East and to Central Command. It gives us a great opportunity to kind of revisit the importance of this region from a strategic and economic standpoint.'

As troops and leaders begin this refocus on the Pacific region, Soldiers and their families have become concerned about how it will affect them in the long run.

"Our ability as an Army, to be an effective force of the future, is really in our ability to sustain our force," said Westphal. "Our force today is not just our Soldiers, but our families, as well. We are doing what we can to put a fence around all of those requirements we have to sustain that force and sustain those families in the midst of this change, and that is nonnegotiable."

Westphal also addressed economic changes in the Pacific, stating that the military may not see as large a budget as we have in the past, but that troop salary will not be affected in any way.

"All ... government programs, which include the Department of Defense, will be receiving budget cuts across the board," said Westphal. "But one of the exceptions the president has made is that we will not cut Soldiers' pay and benefits."

Westphal's visit to Hawaii is part of a Pacific tour that includes

Korea and Alaska.

## DEPLOYED FORCES

## 565th Fwd. Eng. lends vital support to Afghan capital improvement projects

Army Corps' engineers improve electric grid in Kandahar province

KARLA MARSHALL

U.S. Army Corps of Engineers

KANDAHAR AIRFIELD, Afghanistan - Electricity is a scare resource in Kandahar City, but should become less so for Kandahar government district centers and businesses when four separate projects designed to improve electricity distribution in key areas of the city are completed by winter 2013.

Regional Command-South is overseeing these projects currently in the planning phase; each requires comprehensive coordination among RC-South, USAID, the U.S. Army Corps of Engineers and Da Afghanistan Breshna Sherkat, the Afghan electric utility company.

"RC-South's goal with these projects is to connect Afghan Government District Centers to the Kandahar City power grid, which is a sustainable power source," said Lt. Col. Robert Bensburg, officer in charge of infrastructure in RC-South's Stability Division. "When we get that done, we will have achieved one of RC-South's decisive points.

RC-South has many missions and goals; among them is facilitating provincial government interaction with Afghanistan's national government in

These infrastructure projects support those goals because they will connect four key district government centers: Maiwand, Zhari/Pashmul, Arghandab and Panjwai to Kandahar City's power

"The four projects will make use of completion kits currently stored by US-ACE in Kandahar City, which is another plus because the selected contractor will have access to many materials immediately," said Bensburg.

The completion kit materials will be included in the contracts as "government furnished material," he explained.

The kits include transformers, insulators, electric conductors, cable, lineman crew tool sets, utility trucks and meters, explained Chief Warrant Officer Robert Hopkins, the USACE Prime Power liaison to RC-S and custodian of the material and equipment. Bensburg said he, the team from US-

ACE's 565th Forward Engineer Support Team-Advance (FEST-A, based out of Hawaii) and USAID developed the four projects in concert with USACE's two Southeast Power System (SEPS) projects, one underway in Helmand province and the other underway in Kandahar province.

USACE awarded the second project, SEPS-Kandahar, Sept. 28, and when they are complete, DABS can distribute more

Arghandab district because it is the least technically challenging, Bensburg explained. 'The FEST-A will help RC-South de-

velop a scope of work; we will coordinate it with DABS, solicit the project and ... award it in March 2013.' Construction should begin in April

and the contractor should complete construction within 90 to 120 days.

The Panjwai project will be the most challenging of the four, said Alan Avery, FEST-A electrical engineer who de-



Courtesy photo U.S. Army Corps of Engineers

From left, Eric Milstrey, USAID District Stability Team lead for Maiwand; Alan Avery, U.S. Army Corps of Engineers, 565th FEST-Advance; and Lt. Col. Robert Bensburg, Regional Command-South Stability Division, infrastructure officer in charge, discuss a proposed electric utility improvement project in Kandahar province, Nov. 29.

consistent, reliable and safe electricity.

The SEPS-Kandahar project includes rebuilding a substation at Pasmul and constructing a new substation at Maiwand. The project will also repair an existing transmission line from Durai Junction to the Breshna Kot Substation in downtown Kandahar City.

"Once USACE awarded its SEPS-Helmand and SEPS-Kandahar electric improvement projects, we were able to develop a plan for erecting and connecting distribution lines in key areas of Kandahar to those main transmission lines being rehabilitated by USACE in its projects," said Bensburg.

The first project planned is for the

ployed from USACE's Honolulu District.

"We've got to determine if it's feasible to run power lines on a direct route from the nearest substation to the Panjwai district center. If we can, that will mean four kilometers of lines and poles instead of about 17 kilometers if we follow an existing roadway."

"These capital improvement projects will be the enduring legacy of coalition and U.S. efforts from the last decade,' said Bensburg. "The Afghan government will be the recipient of a great opportunity to provide multiple levels of services to its citizens that would most probably not have been available for another 30 years."

## **USE YOUR HEAD**









**WEAR A HELMET** 

OLDIERS HAWAII ARMY WEEKLY JANUARY 18, 2013 | A-5

## Virtual training program goes live for first time

#### Realistic weapons, sensors and full virtual immersion make for intense training

1ST LT ZACH KOHL

3rd Brigade Combat Team Public Affairs 25th Infantry Division

SCHOFIELD BARRACKS — The Dismounted Soldier Training System (DSTS) at the Mission Training Complex is now active; Soldiers of the 3rd Brigade Combat Team, 25th Infantry Division, Combat Operations Lazing Team (COLT), first used it Dec.12.

The first-ever fully immersive virtual training program provides a realistic environment for combat decision-making and increases realism in ways other training systems simply cannot.

The system creates avatars that capture natural movements for Soldiers, allowing them to use their bodies to perform complex motion maneuvers in the virtual world, such as leaning around or under obstacles.

Soldiers practiced missions such as reconnaissance and surveillance operations, weapons tactics and rules of engagement.

"It is like a video game, but instead of a controller and TV, the system uses sensors all over the Soldier's body, and virtual reality glasses ... put the Soldier inside the action," said Spc. Taylor Johnson, a combat experienced forward observer with Headquarters and Headquarters Company, 3rd BCT. "Soldiers are given realistic model weapons."

Set up against computer-controlled characters, Soldiers are able to simulate combat patrols with simulated insurgent forces, civilians and Afghan police.

Johnson emphasized the importance of the realistic simulation.



Staff Sgt. Nathanael Caviness | 3rd Brigade Combat Team

Spc. Louis Navarrord, 3rd BCT, 25th ID, Combat Operations Lazing Team, uses the M249 while his digital character is depicted on a screen, at bottom right, during scenario training with the DSTS, Dec 12.

"I feel Soldiers will have a better experience going into combat than if they just went to a normal range," said Johnson.

The realism and actions of the virtual system help keep Soldiers focused, said Ryan Kemp, DSTS operator.

"The system allows leaders to really engage people in communication and small unit tactics," said Kemp.



A Marine Corps CH-53E Super Stallion drops supplies over a designated field during an LCLA resupply exer-

# Mustangs get the airdrop in LCLA resupply training

Story and photos by
SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS —The "Mustangs" of the 325th Brigade Support Battalion, 3rd Bde. Combat Team, 25th Infantry Division, conducted a low-cost, low-altitude (LCLA) airdrop exercise at East Range, here, Jan. 9

The airdrop, a technique the Army has been using since 2007 to get supplies to Soldiers in the combat areas of theater (where convoys are unable to go or the road is unusable), was the final part of a three-day training event provided to several Soldiers throughout the brigade.

"Today's exercise was part of training received by Soldiers to learn the operations and procedures of an LCLA resupply drop," said 2nd Lt. Geoffrey Mattoon, 325th BSB.

A Marine Corps CH-53E Super Stallion heavy lift helicopter flew about 300 feet off the ground during the low altitude drop, ensuring that supplies hit the drop zone more accurately and spent less time in the air.

The parachute and straps are made from recycled milk carton, so units don't have to be overly concerned about recovering the parachute; instead, they can focus on retrieving supplies while knowing the materials will not harm the environment.

Not only are the parachute and straps ecofriendly, but it doesn't take much to attach the parachute to the supplies that are going to be dropped out of the aircraft, said Mattoon.

"Anybody has the ability to rig the parachute and straps together," said Mattoon. "All it needs is the approval of certified personnel before it gets loaded onto the aircraft."

The exercise concluded after all six pieces of cargo were recovered by a ground team, and the Mustangs held an after-action review.

"The mission was an overall success, and all the Soldiers did a great job working together," said Mattoon.



Spc. Heather Gichero, Golf Co., 3rd Bn., 7th FA Regt., labels supplies with current weight and dimensions for the flight crew who will airdrop the supplies during an LCLA resupply exercise on East Range, Jan. 9

## **Broncos vie for honors**

Story and photos by

STAFF SGT. CASHMERE JEFFERSON

3rd Brigade Combat Team Public Affairs

25th Infantry Division

SCHOFIELD BARRACKS — Noncommissioned officers and Soldiers throughout 3rd Brigade Combat Team, "Broncos," 25th Infantry Division, were put to the test while contending for Soldier and NCO of the Quarter titles, Jan. 9-10.

Competing in events that ranged from an Army physical fitness test, assigned weapons qualifications firing range, a sixmile foot march, and a board testing military subjects, 11 Soldiers fought hard for the honor to represent their unit and go on to compete at the division level.

The president of the board and senior enlisted leader of the Bronco Brigade, Command Sgt. Maj. David Clark, organized the competition to recognize the brigade's best of the best, in keeping with Army Hawaii's "Back to the Basics," but more importantly getting back to "Bronco Discipline."

Clark shared his observations about the performance of this particular group of participants who displayed, in his opinion, a never-quit attitude.

"These Soldiers competing have grit, heart, courage ... and are a really top notch group of competitors going hard with each event put before them. They have really shown they have pride for being an American Soldier; that's what I've seen in their

eyes," said Clark.
Spc. Kory Conley, mortarman, 2nd Battalion, 35th Inf. Regiment "Cacti," 3rd BCT, 25th ID, celebrated that pride, saying he felt honored to be chosen out of hundreds of Soldiers in Cacti to compete, and that the competition was a learning experience he won't soon forget.

"It's been tough out here, but I give it my all because that's what my leadership wants me to do, and I don't want to let them down," said Conley, who crossed the finish line first in the Soldier category of the sixmile foot march. "My sponsor, Sgt. Bartlett,

has been pushing me the whole way."

The winners of the competition will be

The winners of the competition will be announced in front of the brigade in February.

"As we move our Army in the right direction in the future and get back to the basics, I think it's important to recognize our Soldiers that put their best foot forward everyday; we owe it to our subordinates and young leaders," said Clark. "This competition represents the strength in our formations throughout the brigade."

Clark emphasized that honoring traditions like this has a profound impact on our units.

"Showing them what right looks like is what makes our Soldiers strong ... showing them we care about their development, while encouraging personal and professional growth," said Clark. "When we look at our legacy, what Army traditions are we passing to our next generation of Soldiers?"

(Editor's note: the Bronco Brigade will announce the NCO and Soldier of the Quarter in February.)



Spc. Kory Conley, mortarman, 2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID, competes for the title of Bronco Brigade Soldier of the Quarter during the NCO and Soldier of the Quarter competition, Jan 9. Conley was first to cross the finish line in the six-mile foot march.



Senior enlisted leader of the 3rd BCT, 25th ID, and president of the NCO and Soldier of the Quarter board, Command Sgt. Maj. David Clark (right), fires a round of questions at Sgt. Ashley Burleigh, radiology specialist, 325th BSB, 3rd BCT, 25thID, as she competes to claim the title of Noncommissioned Officer of the Quarter, at the Bronco Brigade headquarters, Jan. 10.

## News Briefs

Send announcements for Soldiers and civilian employees to community@ hawaiiarmyweekly.com.

#### 21 / Monday

Museum Closure — The Tropic Lightning Museum on Schofield Barracks will be temporarily closed to the public for electrical and facility renovations inside the museum, Jan. 21-Feb. 25. The museum will reopen to the public Feb. 26. Call 655-0438.

#### 23 / Wednesday

Tax Center opening postponed — The Schofield Barracks Tax Center opening ceremony, scheduled Jan. 23, is postponed. The first days of appointments are still tentatively set for Jan. 28 at Schofield Barracks and Jan. 29 at Fort Shafter.

All Army, Reserve, Guard, Department of Defense civilians, family members and retirees are eligible to use these free tax services. For updates, call 655-1040 or visit https://www.facebook.com/hawaiiarmytaxcen ters/info.

#### 25 / Friday

45th Sustainment Redeployment — Maj. Gen. Stephen Lyons, commander, 8th Theater Sustainment Command, cordially invites you to attend the 45th Sust. Brigade redeployment ceremony on Hamilton Field, Schofield Barracks, at 10:30

Grimes Road Closure
— Due to the 45th Sustainment Brigade redeployment ceremony, Grimes Road on Schofield Barracks will be closed for traffic 10 a.m.-12 p.m. Call 438-0773.

#### 26 / Saturday

Road Closure — The intersection of Humphreys and Kolekole and portions of Kolekole Avenue between Flagler Road and Heard Street will be closed Jan. 26, and again Feb. 2. Please note that the project schedule is subject to change pending weather delays.

The contractor will have appropriate safety signs and barriers when they close each section of the roadway. Call Directorate of Public Works construction manage-

#### **Ongoing**

Fiscal Cliff — The increase in Social Security withholding taxes affects both military and civilian paychecks. Although all Soldiers received a 1.7% increase in basic pay this year, their FICA contribution will be going up by 2%, which could result in a slight decrease in their take home pay. For civilian employees, this will mean a 2% reduction in net pay.

School Drills — Because of cancellation due to heavy rains, evacuation drills for schools on Schofield Barracks and Wheeler Army Airfield have been rescheduled. WAAF Elementary and Middle School is now set for Feb. 4, and Solomon Elementary for Feb. 7. Contact your child's school for details.

Veterans Forum — The 2013 Hawaii Veteran's and Small Business Forum & Expo takes place at the Hale Koa Hotel, March 28, and features presentations from various veteran-owned small businesses, service disabled veteran small businesses, prime contractors, state and federal agencies. Topics include how to work with the federal government, GSA versus commercial, and ethics in contracting.

Registration deadline is March 21. Register at http://hiptac.ecenterdirect.c om/Conferences.action or call 596-8990, ext. 1008.



Capt. Andrew Moore | 3rd Brigade Combat Team, 25th Infantry Division

(Center, from left, in uniform) Wolfhounds Staff Sgt. Rick Tochi, 1st Lt. Will Robinson, and Cpl. Matthew Macario, 27th Inf. Regt., 3rd BCT, 25th ID, pose with sisters and children of the Holy Family Home Orphanage in Osaka, Japan, during the Wolfhound Christmas visit, Dec 26.

## Wolfhounds still care for orphanage

1ST LT. ZACH KOHL

3rd Brigade Combat Team, 25th Infantry Division

OSAKA, Japan — "In 1949, some "Wolfhounds" went to a Christmas party at the orphanage. They saw the bad condition the kids were living in, so they went back to the unit to see what they could do and started raising money and spending their spare time helping out."

That's the story of how the Wolfhounds dedicated themselves to the Holy Family Home Orphanage as told by 1st Lt. Will Robinson, mortar platoon leader, 2nd Battalion, 27th Infantry Regiment, "Wolfhounds," 3rd Brigade Combat Team, 25th Infantry Division, who visited the Holy Family Home orphanage over the holidays, Dec. 24-27.

The connection started when the Wolfhounds occupied Osaka, Japan, at the end of World War II.

The relationship between the Wolfhounds and the orphanage has been ongoing for 63 years, making it the longest lasting relationship between a unit and a charity in the Army.

"Every unit has a legacy of the battles they fought, the men they lost, and the men and bonds of brotherhood they produced, but the Wolfhounds also have the Holy Family Home as part of their legacy," said Robinson.

The Wolfhounds were determined to help their former enemies, even after having spent several years working to destroy them.

"World War II was so brutal, and for Soldiers to show such compassion for their enemies, and for it to have continued for so long, is truly amazing," said Robinson.

The members of the Holy Family Home remember this American kindness vividly, and can still identify the projects the Wolfhounds helped with.

"...the Wolfhounds also have the Holy Family Home as part of their legacy."

— 1st Lt. Will Robinson

Mortar platoon leader, 2nd Bn., 27th Inf. Regt.

"It was neat to see them point out what the Wolfhounds helped build," said Robinson.

Many American units helped the Japanese after the war, but the Wolfhounds took it a step further.

"The Wolfhounds got deployed, and they famously started passing the helmet to raise money for the orphanage," said Robinson.

After legendary fighting in Korea, including the last bayonet charge in American history, the Wolfhounds redeployed to Schofield Barracks. Rather than leave the Japanese orphans to fate, the Wolfhounds continued their support.

"After the Korean war, they were no longer to be stationed in Japan, so they set up the Christmas and summer visits to keep up the relationship," said Robinson.

Capt. Andrew Moore, who was in charge of the delegation this Christmas, said while the unit has deployed in support of many different campaigns, it continues to pass the hat.

The regiment also hosts several orphans each summer for a Hawaiian vacation, and sends several Soldiers to the orphanage each Christmas to deliver presents.



**Capt. Andrew Moore** | 3rd Brigade Combat Team, 25th Infantry Division

Staff Sgt. Rick Tochi, 2nd Bn., 27th Inf. Regt., 3rd BCT, 25th ID, brings Christmas cheer to a child from the Holy Family Home Orphanage in Osaka, Japan, Dec. 26.

## **TAMC** officer named **Social Worker of Year**

STEPHANIE RUSH

Pacific Regional Medical Command

HONOLULU — Tripler Army Medical Center recently named Maj. Veronica Almeida, who works in the Department of Social Work (DSW), as one of the Army's social workers of the year for 2012.

Almeida has 16 years of active duty service and has been a licensed clinical social worker for 17 months.

"My desire to become a social worker stemmed from my life experiences prior to becoming a Soldier," Almeida said. "I developed an immense desire to assist those in need. The Army provided the education and an opportunity to pursue my long-term goal of becoming a Soldier, an officer and a social worker."

Almeida was recommended for the annual award due to her exemplary work with redeployment behavioral health screening and her assistance in dealing with the aftermath of a crisis in Afghanistan.

The award is meant to recognize a social worker "who embraces the core values of the Army, displays clinical competence and is an adaptable and flexible leader in the social work profession," said U.S. Public Health Service Lt. Cmdr. Cole Weeks, clinical operations officer in charge, DSW,

screening packet for downrange redeploy-

ment teams that led to the coordination of timely behavioral health care and continuity of care for nearly 270 at-risk Soldiers.

Then, while deployed to Afghanistan, Almeida immediately responded to a mass casualty incident resulting from a two-ton vehicle borne improvised explosive device. She provided timely medical and behavioral health care by treating and evacuating 40 military and civilian casualties, and treating an additional 50 casualties with traumatic brain injuries.

"Having the opportunity to serve our warriors in Afghanistan was by far the most challenging part of being a social worker, but also the most rewarding and fulfilling," Almeida said.

Almeida's dedication to social work and helping those in need is apparent on the home front, as well.

"Maj. Almeida represents the warrior behavioral health medic spirit on and off the battlefield," said Col. Derrick Arincorayan, chief, DSW, TAMC. "Her outstanding administrative skills have greatly impacted the DSW's mission in the areas of logistics, training and operational capa-

Her efforts led to increased access to care, significant cost savings and outstanding quality of care for TAMC's beneficiaries, Arincorayan added.

Arincorayan, who is also the social work Almeida developed a behavioral health consultant to the Army Surgeon General, was charged with reviewing the Social



Maj. Veronica Almeida, licensed clinical social worker, Department of Social Work, TAMC, was recently named Social Worker of the Year, recognizing her outstanding performance and dedication. Recognition was shared with Capt. Janet Payne from Europe Regional Medical Command.

Work Council of Colonels' nominations for the annual award, and selecting the

The 2012 award was shared by another Army medicine social worker: Capt. Janet Payne from Europe Regional Medical

Almeida credits the people she works with everyday; they help guide her and make her the social worker she is.

"I am truly honored to be selected to receive the Social Worker of the Year award for 2012," Almeida said. "It is a direct reflection and a testament to the type of mentorship I have received in my short tenure as a social worker at Tripler."

## SecDef: DC must act now

**CONTINUED FROM A-1** 

would be less training for units not imminently deploying to Afghanistan.

Civilian employees would also take a hit, he said. Unpaid layoffs, which the government calls furloughs, would put civilian employees temporarily out of work. This "would further harm our readiness and create hardship on them and their families," Panetta noted.

A plan is in place to implement such layoffs if sequester happens, the secretary said.

"This action is strictly precautionary," he said. "I want to make that clear; It's precautionary. But I have an obligation to ... let Congress know that we may have to do that, and I very much hope that we will not have to furlough anyone. But we've got to be prepared to do that if we face this situ-

But, he added, "We really have no choice but to prepare

First steps to containing budget risk will include cutting back on facility maintenance, freezing civilian hiring and delaying some contract awards, the secretary said.

Panetta has also directed the services to develop detailed plans for how they will implement sequester-triggered cuts, if required, he said, "because there will be so little time to respond in the current fiscal year."

The secretary said the intensive planning effort now underway will ensure the military is prepared to accomplish its

"I want to emphasize, however, that ... no amount of planning that we do can fully offset the harm that would result from sequestration, if that happens," he added.

Dempsey offered his view of what wreckage the fiscal "storm" would leave behind.

"As I've said before, sequestration is a self-inflicted wound on national security," the chairman said. "It's an irresponsible way to manage our nation's defense. It cuts blindly, and it cuts bluntly. It compounds risk, and it ... compromises readiness. In fact, readiness is what's now in jeopardy. We're on the brink of creating a hollow force, the very thing we said we must avoid."

## Army freezes hiring, cuts base ops, reduces training

Story and photo by C. TODD LOPEZ Army News Service

WASHINGTON — In advance of possible extreme budget cuts that could arrive in March, Army leadership has called for an immediate hiring freeze and spelled out other pre-emptive measures meant to help the service prepare for

In a memo dated Jan. 16, Secretary of the Army John M. McHugh and Chief of Staff of the Army Gen. Ray Odierno laid out 15 "near-term" actions to help the Army "reduce our expenditure rate and mitigate budget execution risks in order to avoid even more serious future fiscal

"We expect commanders and supervisors at all levels to implement both the guidance contained in this memorandum and the detailed instructions to follow," wrote McHugh and Odierno. "The fiscal situation and outlook are serious."

First among those actions is an immediate freeze on civilian hiring, though Army leaders have left commanders with some latitude in the policy for "humanitarian and mission-critical purposes." Also among employment-related tion of temporary employees when "consistent" gistics and technology.

with mission requirements."

The memo also directs installation commanders to reduce base operations support for fiscal year 2013 — which runs Oct. 1, 2012, to Sept. 31, 2013 — to levels that are about 70 percent of fiscal year 2012. Commanders have been asked to reduce support to community and recreational activities and to also reduce utilities consumption to the maximum extent possible."

Non-mission-essential training activities are also up for reduction. In particular, training not related to maintaining "readiness for Operation Enduring Freedom, the Korean forward-deployed units, Homeland Defense and the Division Ready Brigade." Also targeted is conference attendance and professional training that is not mission essential

The secretary and the chief have also directed installation commanders to cease facility sustainment activity that is not "directly connected to matters of life, health or safety," and to stop restoration and modernization projects.

Army senior leadership has also spelled out changes for Army acquisition, logistics and tech-

All production contracts and research, development, testing and evaluation contracts that exceed \$500 million must be reviewed by the



In advance of possible extreme budget cuts that could arrive in March, Army leadership has called for an immediate hiring freeze and spelled out other pre-emptive measures meant to help the service prepare for a

The assistant secretary of the Army for acquisition, logistics and technology must also assess the impacts of "budgetary uncertainty" on science and technology accounts.

The secretary and chief of staff state civilian furloughs could be a "last resort" possibility in fiscal year 2013. "Therefore, no action should be taken proval of the secretary of the Army."

Any measures taken as a result of the Jan. 16 memo must be reversible, the document states.

"At this point, the steps should focus on actions that are reversible if the budgetary situation improves and should minimize harm to readiness,"

McHugh and Odierno write. The memo also notes that "funding related to measures spelled out in the memo is a termina- under secretary of Defense for acquisition, lo- with regard to furloughs without the express ap- wartime operations and Wounded Warrior programs" will not be affected.

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## DOD clarifies post-secondary tuition

AMAANI LYLE

American Forces Press Service

WASHINGTON — The Defense Department has issued new policy guidelines intended to provide better protection for members of the military and veterans seeking tuition assistance for post-secondary degrees.

The department's revised voluntary education partnership policy specifies the expectations and agreements that colleges, universities and technical schools must adhere to in order to receive DOD underwriting, said Carolyn Baker, chief of voluntary education for DOD's military community family and policy office.

The guidelines, part of a new memorandum of understanding (MOU), "ensure certain protections for military members so that they have a quality ed-

ucation," said Baker.

Tuition assistance is a benefit available to Guardsmen, reservists, active duty members and veterans, allowing a degree from a Department of Education-accredited college or university.

To receive it, participating institutions must sign the MOU, and provide the student with clear information about financial procedures, course information and graduation rates.

"The MOU protects service members in providing them with information, so a service member can make a wise choice as to the institution they attend," Baker said. "We ask that all institutions provide service members with an education plan that states course requirements and evaluate credits earned at other schools, so the service member can move forward and actually obtain their

degree

The new guidelines clarify oversight, enforcement and accountability for educational institutions receiving military tuition assistance, Baker said.

Currently about 2,000 institutions participate in the tuition assistance program, and Baker said she encourages more to do the same.

The overall initiative supports the executive order establishing the President's "Principles of Excellence," Baker said. Those were issued in response to reports of aggressive and deceptive targeting of service members, veterans and their families by some educational institutions after the Post-9/11 GI Bill became law.

The guidelines pertain only to institutions accepting Title 4 funding, said Baker.

## Remaining legacy emails migrate in February

ENTERPRISE EMAIL TRANSITION

News Release

If you have a common access card, or CAC, your email service has changed already or is about to change

For the last 23 months, almost 600,000 users have been migrated.

The last major group to migrate from legacy email systems to a Department of Defense Enterprise Email (EE service), are those who use Army Knowledge Online email for their primary Army email.

Beginning in February 2013, Network Enterprise Technology Command, or NET-COM, will migrate the email of these AKO mail users to the DOD EE system. This migration applies to Soldiers, government civilians and contractors who have a CAC, who generally do not regularly use a government computer, or who do not use another Army-provided email service to do their job. These AKO mail users will become EE basic class users. The migration will include AKO email, only. Calendars and contacts will not migrate.

•Deployed Soldiers who have not migrated to EE can continue to use AKO webmail until they redeploy.

•Retirees, even if they have a CAC for another role (e.g., a retiree who is also an Army civilian or contractor) will also maintain his or her AKO email.

 $\bullet \textbf{Retirees, family members and other AKO users}$ 

without CACs will continue to use AKO email; they will not be migrating to EE.

•Warrior Transition Command Soldiers whose email accounts have migrated to EE may also continue using AKO mail as an option.

Once migrated, email addressed to AKO accounts (@us.army.mil) will be automatically forwarded to EE accounts (@mail.mil). Although AKO email addresses remain valid, the migrated user will no longer have the associated AKO mail storage, mail handling capability, or mail interface previously provided by AKO.

EE requires the use of a CAC for login; EE accounts will only be accessible through

a Web browser on a computer with a CAC reader.

Since EE supports the use of virtually any Web browser and any operating system, almost any computer can be used. The only requirement is that the computer be configured to use a CAC reader for login.

Accessing EE by username and password is not allowed.

Users who currently access AKO with a CAC will be able to access EE using the same computer(s). Those who currently access AKO webmail using only a username/password should take the steps necessary to configure their computer(s) to be accessible using a CAC. Waiting to address the issue until email migration begins could result in interrupted access to email.

For information on how to CAC-enable a home computer, visit the AKO CAC Reference/Resource Center at https://ako.us.army.mil/suite/akocac or MilitaryCAC at www.militarycac.com.

For email-related issues, business class users should continue to contact their Network Enterprise Center, or NEC, or equivalent. Basic class EE users should continue to call the AKO Helpdesk at 1-866-335-ARMY (2769); select 2 (for "AKO") and then 3 (for "Other"). The help desk can assist with AKO account access, AKO "how to" questions, and accessing EE on a non-government computer. For general information, visit

https://www.us.army.mil/suite/page/Enterprise EmailTransition.

#### What's the difference?

Several differences exist between AKO email and EE, which users need to be aware of, specifically, the following information:

•Email cannot be accessed via Outlook (and the AKO Outlook connector) using a non-government computer;

•Email cannot be accessed from personal mobile devices, as these typically require either IMAP or POP protocols; and

•Email cannot be accessed using IMAP/POP protocols from a commercial email client (e.g., Outlook or Thunderbird), as these do not support the mandated CAC PKI certificate authentication requirement.

# B2B: We rely on respect

**CONTINUED FROM A-2** 

The greeting can be your unit motto or a simple "Good morning/afternoon/evening, sir/ma'am," with a sharp, professional salute for officers.

Today, far too many Soldiers tend to focus on other things, like cell phones, and they seem to be unaware that non-saluting is violating regulations. This disregard can no longer be tolerated, as it deteriorates the progression of discipline and the level of tactical awareness.

As Soldiers, we are always on duty, and as AR 600-25 clearly communicates, we must enforce the recognition of others. We must enforce that all subordinate Soldiers provide a dutiful greeting of the day and a hand-salute for all officers in order to build discipline and a better sense of duty in our ranks, and to strengthen our tactical alertness, combat vision and situational awareness.

It is our individual responsibility as our nation's warrior class to always set the best example of discipline while passing others, whether civilian or military. This example is an outstanding tool that will continuously develop respect, visual tracking proficiency, area judgment skills and combat vision as Soldiers are constantly scanning those approaching, whether walking or in a vehicle.

#### Warrior-Hunter Mindset

At the end of the day, the simple basic Army customs and courtesies of conducting the police call and presenting the greeting of the day will increase discipline, pride and honor within your unit, and enhance tactical awareness needed to develop warrior-hunter mindset we all want in our individual Soldiers and leaders.

Tropic Lightning! (Editor's note: Devens Jr. is the senior enlisted leader for the 25th ID)

## HAWAI'I RMY WEEKLY

# "When work is finished."

www.hawaiiarmyweekly.com

FRIDAY, January 18, 2013



Photos by Jack Wiers | Pau Hana Editor

Ongoing construction of portions of Kolekole Avenue between Flagler Road and Humphreys Road, Schofield Barracks, keeps traffic moving slowly Tuesday morning. Work on the project will continue, 24/7, through scheduled completion, Jan. 29. Contraflows are set up to allow two-way traffic on Kolekole. Project schedule is subject to change pending weather delays.

# Three P's should guide all customer interactions

U.S. ARMY GARRISON-HAWAII Public Affairs Office

During the past two weeks, the U.S. Army Garrison-Hawaii community's normal routines have been disrupted by the Macomb Gate closure, major road construction projects and several unscheduled power outages.

Still, the garrison is working hard to minimize these inconveniences, so community members can proceed about their day-to-day activities with less stress

"We fully understand your frustrations with the construction traffic congestion and the recent electricity outages," said Col. Dan Whitney, garrison commander. "Our absolute top priority is taking care of you — our customers. I appreciate everyone's patience as we make these improvements to better our installa-

According to its vision statement, USAG-HI aims to be "the most innovative customer-focused garrison in the Army." Customer service, however, is more than just performing a service or doing business with a smile, said Jennifer Mootz, chief, at USAG-HI's Plans, Analysis and Integration Office.

"Customer service is about putting hearts behind 'pono' actions, that is, being polite, professional and positive," she said. "It's more about the interaction that takes place between the service provider and the customer."

"Pono, strictly translated, is the Hawaiian word that means 'righteous,'" explained Ophelia Isreal, formerly PAIO's Customer Management Services officer, who initiated the "Three Ps" program. "It also means 'rightness' and 'excellence' — two values that the garrison strives to incorporate into its culture."

"Three Ps" — "Polite, Professional and Positive" — is the standard for garrison employees. They are expected to not only know their jobs, but also to be respectful of customers and coworkers, and to look for solutions beyond their everyday routines. So, throughout wanted and needed infrastructure improvements, the gar rison is listening to comments and adjusting course, as needed, to best accommodate progress.

Further, the garrison provides many venues to resolve issues that come up in the community, within military family housing and in the workplace. When customers contact the correct organization, their issues can be settled as quickly as possible.

Still, patience — yes patience — may be needed while awaiting resolution of one issue or another, but customers can be assured that garrison personnel take customers concerns very seriously. Not all issues, however, can be resolved quickly.

#### Ways to communicate

The Army community of Soldiers, family members, civilians and retirees can communicate with the garrison in many venues. Among the most-used are ICE and Facebook, but again, accessing the correct venue aids in swift resolution of problems.



Mid-morning traffic lines up Tuesday along Lyman Road entering Schofield Barracks, through the Lyman Gate. Nearby construction, along with vehicle users attempting to avoid Kolekole Road construction, has resulted in traffic delays

ICE. The Interactive Customer Evaluation system is a web-based tool that collects feedback on services provided by various organizations throughout the Department of Defense.

ICE allows customers to submit online comment cards to rate the service providers they have encountered at military installations and related facilities around the world. It is designed to improve customer service by allowing managers to monitor the satisfaction levels of services provided through reports and customer comments.

And you will be heard.

"I can assure everyone that each and every negative ICE comment is read by either the garrison commander or me," relayed Jim Duttweiler, the deputy to the garrison commander.

USAG-HI's standard is to respond to ICE comments within 72 hours; community members should submit time-sensitive concerns to

See PONO, B-9

## 'Pono' needed in the Army's modern social media world

#### Core values still matter

**LACEY JUSTINGER** 

U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — The Army lives by its core values of loyalty, duty, respect, selfless service, honor, integrity and personal

Soldiers, family members and Department of the Army civilians should remember that these standards still apply to personal actions conducted in cyberspace.

The Army Social Media Handbook states that "Soldiers are authorized to use and belong to a variety of social media platforms as long as their involvement does not violate unit policy and the basic guidelines of the Uniform Code of Military Justice. ... Commenting, posting or linking to material that violates the UCMJ or

basic rules of Soldier conduct is prohibited."

UCMJ violations may include Article 88, contempt towards officials; Article 89, disrespect toward superior commissioned officer; Article 91, insubordinate conduct; Article 133, conduct unbecoming an officer; and Article 134, for general violations.

"It is important that all Soldiers know that once they log on to a social media platform, they still represent the Army," the handbook

USAG-HI uses its Facebook page as an information resource to disseminate daily information and as a host for its quarterly town hall. While participant interaction is encouraged, users are reminded that this resource's main mission is not a complaint forum for resolving issues. The garrison provides other customer service resources to track and resolve issues



and concerns on post.

Participants are also reminded of the garrison's posting policy, which is to maintain a professional, polite and positive page that is family-friendly. Comments will be removed if they are abusive, hateful, racist, graphic, obscene or explicit. They will also be removed if they attack personnel, attempt to defame a person or organization, promote commercial or non-government agencies or events, encourage illegal activity, compromise operational security, or contain swear words.

Basically, USAG-HI asks that social media users employ the same respect when posting a comment as they would when addressing someone in person. While frustrations may be growing in this time of decreased resources and manpower, participants are asked to use the same common courtesy with which they would like to be addressed.

Users are also reminded that the garrison's Facebook page is monitored 7:30 a.m.-4 p.m., Monday-Friday. Comments posted after hours or during the weekend may not be addressed until the next business day.



### **Briefs**

#### Today

Pro Bowl Ohana Day — Transportation registration deadline is noon today, Jan. 18. See NFL stars in action; enjoy fan contests, player interviews, NFL video features and a preview of the Pro Bowl game entertainment at Pro Bowl Ohana Day at Aloha Stadium.

Event is free and open to the public. Transportation can be provided for those with military/DOD ID cards. (Registration not required for those with personal transportation).

Call 655-0115 or register online at www.himwr.com.

Renovation — SB Health and Fitness Center renovation is underway, resulting in transfer of activities and classes to Martinez Gym. Renovations include installing two new saunas, repairing portions of the facility floor, replacing all windows and painting the interior walls. Call 655-8789/8007.

#### 18 / Friday

Lei Making Workshop — Learn to make your own lei, 1-3 p.m., Schofield Arts and Crafts Center. Ribbon braided lei, \$15 each; straw lei, \$20 each. Preregistration required; call 655-4202.

#### 21 / Monday

Sand Volleyball — Join weekly competition on Mondays; game starts at 6 p.m., Tropics Warrior Zone. Call 655-5698.

#### 22 / Tuesday

**Pool Tournament** — Join this popular 8-ball weekly competition on Tuesdays; game starts at 6 p.m., Trop-



Sgt. Tiffany Fudge | 8th Theater Sustainment Command

FORT SHAFTER — Maj. Gen. Stephen Lyons (left), commander, 8th Theater Sustainment Command, and his wife Maureen Lyons (second from left), along with Command Sgt. Maj. Nathan Hunt (far right) and wife Rosylan Hunt (second from right) present certificates of appreciation, Jan. 11, during the quarterly 8th TSC Volunteer Recognition Ceremony. Recognized (left to right) are Ashley Pfohl (third left), Sgt. 1st Class Coma Armstrong, Lauressa Reese, Pvt. Walguet Lamarre, Erika Gronenthal, Sgt. Mark Kerns and Sgt. Phillis White for their hard work and dedication in support of the Army community.

ics Warrior Zone. Best 2 of 3 plays for the championship title the last Tuesday of the month. Free to play; call 655-5698.

#### 23 / Wednesday

Fire and Ice — Explore the wild world of science, 3 p.m., Sgt. Yano Library, SB. "Mad Science" demonstrates a bottle blast, a crazy bubble shower and creepy, foggy effects.

Open to elementary ages and older.

Preschool Story Time — Take your toddlers to story time, Wednesdays, 10 a.m., Sgt. Yano Library, SB; different theme and story each week. Call 655-4707.

#### 24 / Thursday

Pro Bowl Practice — Joint Base Pearl Harbor-Hickam is hosting an NFL Pro Bowl practice, beginning at 10 a.m., Jan. 24. The Pro Bowl practice is open to all military members and their families who have base access. Visit www.greatlifehawaii.com.

#### 25 / Friday

Hawaiian Buffet — Every last Friday of the month, enjoy a Hawaiian luau lunch buffet at the FS Hale Ikena dining room or SB Kolekole Bar & Grill for \$12.95. Call 438-1974 (FS) or 655-0660 (SB).

#### 26 / Saturday

Moonlight Paddle — Enjoy a moonlight adventure, 6-10 p.m., for \$25 with Outdoor Recreation on Haleiwa River, one of the most famous rivers in Oahu. Must be able to swim. Slots fill quickly, reservations at 655-0143.

#### February 23 / Saturday

Lt. Dan Band — The USO presents Gary Sinise and the Lt. Dan Band, 7 p.m., Feb. 23 at Weyand Field, Schofield Barracks. Food and beverages available for purchase.

This free event is held on an open

field and blankets or lawn chairs are recommended. Call 655-0115.

#### **Ongoing**

Whale Watching Cruises — Sign up to see these majestic creatures with Leisure Travel Services and save money. Call 655-9971.

Helemano Physical Fitness Center — Stroller Stride & Ride and Circuit Training will start this month, with days and times to be determined. Call 653-0719.

Auto Body Service — Dings, scratches and dents can be a thing of the past at Schofield's Auto Skills Center with Oscar Reyes, Auto Body and Paint.

New service will be available in February. Call 655-9368.

Fort Shafter now offers mechanics for hire services. Call 438-9402 for information and pricing.

## worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel,
Schofield Barracks

PH: Aloha Jewish Chapel, Pearl Harbor SC: Soldiers' Chapel, Schofield Barracks

TAMC: Tripler Army Medical Center Chapel WAAF: Wheeler Army Airfield Chapel

#### **Buddhist Services**

◆First Sunday, 1 p.m. at FD◆Fourth Sunday, 1 p.m. at MPCAnnex

#### **Catholic Mass**

- •Thursday, 9 a.m. at AMR •Saturday, 5 p.m. at TAMC, WAAF
- •Sunday services:
  - 8:30 a.m. at AMR -10:30 a.m. at MPC Annex
  - -11 a.m. at TAMC
- •Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

#### Gospel Worship

•Sunday, noon. at MPC •Sunday, 12:30 p.m. at AMR

#### Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex •Friday, 2:30 p.m., TAMC •Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath) •Friday, 7:30 p.m. at PH

#### Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex Room 232

#### Protestant Worship

- •Sunday Services
  - -8:45 a.m. at MPC -9 a.m., at FD, WAAF and TAMC chapels
  - Lutheran/Episcopalian
  - -10 a.m. at HMR -10:30 a.m. at AMR
  - Contemporary Service

-11 a.m. at Soldiers Chapel



Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.



#### Flight

(R) Fri., Jan. 18, 7 p.m. Sat., Jan. 19, 7 p.m.



#### Red Dawn

(PG-13) Sun., Jan. 20, 2 p.m. Thurs., Jan 24, 7 p.m.

# **Community**Calendar

Send announcements a week prior to publication to community@ hawaiiarmyweekly.com.

#### 19 / Saturday

Roller Derby Tournament — 5th Annual SK808, Palama Settlement Gymnasium, 810 N. Vineyard Blvd., 12-7 p.m., \$10 general admission, visit www.pacifi crollerderby.com

#### Book Signing —

or call (530) 848-

0147.

Author retired Col. Ben Walton will sign copies of his book "Great Black War Fighters: Profiles in Service," 10 a.m.-1 p.m., at the SB Exchange.

Nesian Fest 2013 — Musicians, dancers and artists from around the Pacific perform, 2-10 p.m., Jan. 19, at the Waterfront at Aloha Tower. General admission is \$25 presale, \$40 at the door. Call 206-4963 or email nesianfesthawaii@gmail.com.

#### 21 / Monday

Museum Closure — The Tropic Lightning Museum at SB will be temporarily closed to the public for electrical and facility renovations inside the museum starting Jan. 21 and will reopen on Feb. 26. Call 655-0438.

#### 24 / Thursday

Free Magic Classes — Kalihi-Palama Library, 6 p.m., on the fourth Thursday of each month (except Nov. and Dec.), sponsored by Hawaii Magicians Society, www.hawaiimagicclub.com, or call 234-5262.

#### 25 / Friday

**45th Sustainment Brigade Redeployment** — Maj. Gen. Stephen Lyons invites the public to attend the 45th Sustainment Brigade Redeployment Ceremony, 10:30 a.m., Jan. 25,



File photo

## **AAFES** announces movie upgrades

Customers at the Schofield Barracks and Joint Base Pearl Harbor-Hickam base theaters will be seeing a brand new look for these two theaters.

Approximately \$200,000 in upgrades include stateof-the-art digital projection with sound and also 3D viewing capabilities, according to Tom Matthew, AAFES food court manager.

The SB Sgt. Smith Theater movie system conversion is underway and is scheduled for completion, Jan. 19.

The two AAEES theaters are undergoing their first

The two AAFES theaters are undergoing their first movie system upgrades since 1971 when 35-millimeter projection was installed, Matthew said.

"It really falls into place with the new look," said Matthew. "We're trying to fit the mold of what customers' expectations are."

The two upgrades will also make the theaters more appealing and compatible with current movie selections.

Sgt. Smith theater received a \$600,000 Department

of the Army facelift, along with an additional \$160,000 in renovations by the Exchange during 2011.

(Information pulled from Army

and Air Force Exchange Service news releases.)



Hamilton Field, Schofield Barracks. Grimes Road will be closed to traffic, 10 a.m.-noon, during the ceremony. Call 438-0773.

Dr. Martin Luther King Jr. Observance — "Remember! Celebrate! Act!" is scheduled 11 a.m.-1 p.m., at the SB Warrior Inn Dining Facility (Bldg. 2085). Hosted by 2nd SBCT, 25th ID, Team EO and EEO Hawaii. Call 655-0240.

Hazardous Waste Disposal — Jan. 25 is the deadline to call for a free drop-off appointment of your hazardous waste at the City's hazardous waste facility, 9-11:45 a.m., Feb. 2. Call 768-3201.

28 / Monday Free Tax Center — The new Tax

day of appointments is Jan. 28 at SB and Jan. 29 at FS. All Army, Reserve

Center's first

All Army, Reserve, Guard, DOD civilians, family members and retirees are eligible.

The SB Tax Center is located in Bldg. 648. Call 655-1040 or visit www.facebook.com/hawaiiarmy taxcenters/info.

See COMMUNITY CALENDAR B-9

Inspiration, Exploration and Skills

#### Calendar abbreviations

8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation ASYMCA: Armed Services YMCA BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program

FMWR: Family and Morale, Welfare and

FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center

SB: Schofield Barracks

Recreation

TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield

SKIES: Schools of Knowledge,

No shows on Mondays or Tuesdays.



#### THE SANDWICH QUEEN

LISA SMITH MOLINARI Contributing Writer

## An ego boost ala turkey sandwich

#### Navy spouse shares observations of the 'meat and potatoes of life'

About a million years ago, I had an office, a secretary and a view from the 24th floor.

I did research, argued motions, interviewed clients and attended the firm holiday party; my name was on the wall in the

But then, when I least expected it, something happened. That something was an incessant, unrelenting thing called life.

Two years after being blindsided by love, I found myself sitting on my Navy husband's bachelor couch in our dumpy base house, in a state that did not recognize my law license. I was nursing our new baby while watching Maury Povich interview people who'd been abducted by aliens.

At first, it was kind of fun, reliving all the times I played house as a kid, except that I had to do the boring stuff, too, like making sandwiches and cleaning toilets. I never really thought it all through, and truly believed that I'd get back to my career at some point.

Twenty years, eight moves and two more babies later, I'm still making sandwiches and cleaning toilets, and the opportunity to get my career back simply never came.

In the meantime, I've discovered that long-term housewifery does not always provide one with the obvious sense of achievement that a career offers. In fact, the daily drudgery of housework and mothering is highly susceptible to being completely taken for granted. So, we veteran housewives must seize our ego boosts where we can get them.

When my son, Hayden, started his sophomore year, I decided to reward him for working hard at football practice by taking his lunch up a notch. I added ham and roast beef to his usual turkey sandwich. Two slices of pepper jack and extra lettuce made the sandwich so thick that I had to put it into a quartsized storage bag.

On our way home from practice that evening, Hayden, who is firmly entrenched in that infuriating stage of teenagedom, characterized by an utter lack of normal conversation, said, "Hey Mom, I really liked that sandwich."



My heart nearly skipped a beat.

I continued crafting thick, meaty sandwiches, sometimes substituting cheeses, adding spicy pepperoni or a fresh sub roll. Instead of waiting for accolades, I had taken to eagerly asking him how he liked the sandwich on our ride home. He would answer in typical teenage brevity, but always communicated his appreciation.

Then one day, Hayden told me that his football buddy commented that he wished his mom made sandwiches like that. I couldn't believe my ears and was exhilarated by my new sense of culinary superiority.

Call me pathetic, but the compliments gave me a renewed sense of purpose and a slight spring in my middle-aged step.

Sure, it's true that the closest thing I have to an office has a washer and dryer in it. And yes, it is rather ironic that I used to have a secretary but am now secretary of the football team. And even though my name is no longer posted in an office lobby, my name is the one my kids utter when they want a tissue, help with their homework, someone to hear about their day at school — or a hug.

While I may never make senior partner of a law firm as I had planned more than 20 years ago, I've attained a status I'd never expected. I'm head nurse, accountant, general manager, commander in chief of the house, and now, The Sandwich Queen.

Sure, my scepter may be a toilet bowl brush and my carriage a mini-van, but I don't mind, because I know I am loved by my

(A 20-year Navy spouse and mother of three, Lisa has plenty of humor to share in her column, "The Meat and Potatoes of Life," which appears in military and civilian newspapers and on "Stripes Military Moms" website at www.themeatandpotatoesoflife.com; follow @MolinariWrites.)

#### OPERATION SHOWER



Photos by Staff Sgt. Mike Meares | U.S. Air Force

JOINT BASE PEARL HARBOR-HICKAM —Danica Elliott, wife of a 25th Combat Aviation Brigade Soldier, Schofield Barracks, and daughter Idra, 2, look at items they picked out of the "Showers in a Box" during Operation Shower, "You Are My Sunshine," Jan. 8, at the Ka Makani Community Center,

The mothers and mothers-to-be, spouses from all service branches with a spouse already deployed or soon to be deployed, were being honored at the event. Each of the 40 participating mothers received more than \$1,000 worth of baby items ranging from gift cards and diapers to crib bedding and strollers. This is the 28th baby shower held as part of Operation Shower, and the first in Hawaii.



Elizabeth Nixon, wife of Capt. Brandon Nixon, 25th Combat Aviation Brigade, looks at a gift of appreciation during Operation Shower, "You Are My Sunshine."

Nixon, who missed the birth of his son by two weeks, is set to return from deployment any day after being gone for almost a year.



Hollv Finchem (left), wife of Professional Golfers Association Tour commissioner Tim Finchem, along with Air Force spouse Holly Terhune (purple lei) and Air Force Tech Sgt. Dina Maldanado (right), both of 15th Operations Support Squadron, browse through the "Showers in a Box" during Operation Shower, "You Are My Sunshine," Jan. 8. Terhune is the seven-month pregnant wife of Master Sgt. Jason Terhune, who is deployed to Afghanistan.

## Roller Derby skates into town Saturday

PACIFIC ROLLER DERBY News Release

HONOLULU — Pacific Roller Derby hosts its 5th Annual SK808 Roller Derby Tournament, beginning at noon, Saturday, Jan. 19, at the Palama Settlement Gymnasium.

This live sports event welcomes roller derby athletes, referees and non-skating officials from neighbor islands, the mainland, and as far away as Canada and Australia to compete in a friendly mixed-skill level tourna-

Participants get the chance to join pgether for a day of hard-hitting live roller derby action.

Pacific Roller Derby expects more than 60 registrants to provide a full day of live roller derby. Skaters will be divided into mixed teams by skill-level and bout experience and will quickly adapt to skating with non-familiar faces at this round robin style tourna-

Ivanna S. Pankin, founder of SinCi tySkates.com and the coordinator for the annual RollerCon derby convention in Las Vegas said, "SK808 is the derby event I look forward to all year long. We have such a great time skat-

ing in paradise with skaters from all over the world, in a low-stress, high-competition environment that restores my love for the sport and makes my year. I haven't missed one yet, and I hope I never do."

Those attending should note that no alcohol is allowed on the premises, and no food and beverages are allowed in-

> side the gym. Snacks and more will be available for purchase outside on the lanai, with all funds supporting Pacific Roller Derby's 2013 Season.



Photo courtesy Ryan Starr

Skaters meet on the flat track at the 4th Annual SK808 Tournament held last year at Papakolea Community Development Center.

#### **Pacific Roller Derby**

SK808 Tourna-

When: Noon-7 p.m., Saturday, Jan. 19 Where: Palama Settlement Gymnasium, 810 N. Vineyard Blvd.

Admission: \$10 general admission, available at www.pacificrollerderby .com and at the door; kids, 10 and under, free.

Parking: available behind the gym on a first-come, first-served basis, with additional parking available in the neighborhood areas surrounding Palama Settlement Campus Visit: www.pacificrollerderby.com

HAWAII ARMY WEEKLY **B-4** | JANUARY 18, 2013



**Photos by Richard Termine** 

"Sesame Street" characters and hosts engage children and families in various Sesame Workshop multimedia outreach sources titled "Little kids, Big Challenges: Divorce." The multi-platform outreach program is designed to provide tools and language to help young children cope with and understand divorce at an age-appropriate level, while assisting families in communicating.

## 'Sesame Street' reaches out for children of divorce

SESAME WORKSHOP News Release

NEW YORK — Each year about 1.5 million children confront the divorce of their parents, a transition that can be challenging for the entire family, especially young children.

While 40 percent of families experience divorce, few resources show children they are not the only ones with big questions and feelings about divorce.

In response, the Sesame Workshop has launched "Little Children, Big Challenges: Divorce," a series of free multimedia resources, to support families through this transition, which can be very difficult, particularly for young children.



Abby shows drawings of dad's and mom's homes.

These new materials are a continuation of Sesame Workshop's award-winning Military Families Initiative launched in 2006, which provides resources and emotional support to military families with children, ages 2 to 8, coping with challenging transitions in their lives.

As with all content produced by the Sesame

Workshop, this outreach initiative began with a thorough research process, which included consulting with an advisory board of key experts in child development, early childhood and mental health fields to guide and shape

key content messages. Continuing the process, the Sesame Workshop conducted focus groups with parents and service providers to ensure that all of the resources effectively meet the needs of children and families.

Sesame Workshop created Little Children, Big Challenges: Divorce to achieve specific

- •To provide tools and language to help young children (ages 2-8) cope with and understand divorce at an age-appropriate level;
- •To aid families in communicating and expressing feelings around divorce; and
- To reassure children that they will be cared for, and that - together with their families they can learn ways to adjust to their new life and have hope for the future.

"With our new resources on divorce, Sesame Workshop continues a 43-year-long history of tackling the most relevant and challenging issues for children," said H. Melvin Ming, president and CEO of Sesame Workshop. "During difficult times, it's vitally important that children feel supported and develop coping skills that will help them throughout their entire lives. Sesame Workshop is committed to providing the highest quality resources to families dealing with life's challenges."

#### Little Children, Big Challenges: Divorce The kit includes the following materials:

- 1) A new "Sesame Street" DVD, featuring the Muppets and real families that highlights strategies around expressing emotions and how to talk to children about di-
- 2) A Parent/Caregiver Guide providing helpful resources, language and advice for discussing divorce with children and helping them navigate changes.
- 3) A children's storybook, "Two-Hug Day," about a young boy named Niko who is transitioning between his parents' two

**Resource Kits** 

Resource kits are distributed to military and veteran families through partnerships with Military OneSource, the Department of Veterans Affairs, the USO and the Military Child Education Coalition.

These resources are also being distributed to families in the general public through national partnerships with organizations, such as the Association of Family and Conciliation Courts and the National Council of Juvenile and Family Court Judges.

On a local level, distribution will reach children and their families through faithbased programs, school and after-school programs, through counseling and mental health services, parenting programs and child care systems.

Military families can contact Military OneSource directly at militaryone source.mil to request a kit.

Learn more at www.sesameworkshop.org.



#### The Sesame Workshop

Sesame Workshop is the nonprofit educational organization that revolutionized children's television programming with the landmark "Sesame Street." The Workshop produces local "Sesame Street" programs (seen in more than 150 countries) and other acclaimed shows, including "The Electric Company," to help bridge the literacy gap.

4) An online toolkit at sesamestreet.org/di vorce providing access to all project resources, as well as additional online-only materials.

- 5) An Extended Family & Friends tip sheet, webinars and online discussion sessions giving service providers and families a thorough understanding of how to engage with their families and communities.
- 6) A Facebook page called "Sesame Street in Communities," connecting our online community to Sesame's resiliency messages and
  - 7) A mobile app, Sesame Street: Divorce,

Beyond television, the Workshop produces content for multiple media platforms on a wide range of issues, including literacy, health and military deployment.

Initiatives meet specific needs to help young children and families develop critical skills, acquire healthy habits and build emotional strength to prepare them for lifelong learning.

featuring resources and tools for parents and caregivers; it's available on the App Store (SM) and Google Play.

With the frequency of children experiencing divorce and separation today, it is critical to help children understand that the feelings or questions they may have are typical and should be discussed with a parent or caregiver," said Dr. Jeanette Betancourt, vice president for Outreach and Educational Practices at Sesame Workshop. "These strategies will help children cope with changes, and support them in understanding they are not alone.'

## ACS offers help on stalking behavior and education

Army Community Service Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — January is National Stalking Awareness Month, a time to focus on a crime that affected 6.6 million victims in 2010 alone.

The theme — "Stalking: Know It. Name It. Stop It."— challenges the nation to fight this dangerous crime by learning more about it.

Stalking is a crime in all 50 states, the U.S. territories, the District of Columbia and the Department of Defense; yet, many victims and criminal justice professionals underestimate its seriousness and impact.

Communities that understand stalking, however, can support victims and combat the

"The key to prevention is education," said Carren Ziegenfuss, victim advocate coordinator. "Learning to recognize stalking behaviors, reporting to law enforcement and supporting victims of crime builds stronger, safer commu-

In one of five cases, stalkers use weapons to harm or threaten victims. And stalking is one of the significant risk factors for femicide (homicide of women) in abusive relationships.

Victims suffer anxiety, social dysfunction and severe depression at much higher rates than the general population, and many lose time from work or have to move as a result of their victimization.

Stalking is difficult to recognize, investigate and prosecute. Unlike other crimes, stalking is not a single, easily identifiable crime, but

a series of acts, a course of conduct directed at a specific person that would cause that person fear.

Stalking may take many forms, such as assaults, threats, vandalism, burglary or animal abuse, as well as unwanted cards, calls, gifts or visits.

> One in four victims reports that the stalker uses technology, such as computers, global positioning system devices or hidden cameras, to track the victim's daily activities.

ers follow their victims from one jurisdiction to another, making it difficult for authori-

ties to investigate and prosecute their crimes.

Stalkers fit no standard psychological profile, and many stalk-



Stalking Awareness Month.org

#### **Stalking Awareness**

Army Community Service will offer educational briefings upon request to promote awareness and public education about stalking. For more information, contact the Victim Advocacy Program at 655-4ACS

For additional resources to help promote National Stalking Awareness Month, visit http://stalkingawarenessmonth.org and www.ovw.usdoj.gov.

## Commissary reports customer savings, 2013 scholarships

#### **DEFENSE COMISSARY AGENCY**

News Release

FORT LEE, Va. — Commissary customers found their benefit well "worth the trip" in fiscal 2012 with historic numbers in savings, shopping transactions and sales.

Now, military children can also benefit from 2013 scholarships.

#### Scholarships for military children

The application period for the 2013 Scholarships for Military Children Program opened Dec. 3, 2012, at commissaries worldwide. Applicants can go online to www.commissaries .com or directly to www.militaryscholar.org.

The program, administered by the Fisher House, awards at least \$1,500 at each commis-

To apply, the student must be a dependent. unmarried child, younger than 21 — or 23, if enrolled as a full-time student at a college or university — of a service member on active duty, a reservist, guardsman, retiree or survivor of a military member who died while on active duty, or survivor of a retiree.

Applicants, as well as their sponsor, must be enrolled in the Defense Enrollment Eligibility

"Every year we have no less than four scholarship recipients here in Hawaii, and usually more."

Store manager, Schofield Barracks Commissary

Reporting System database and have a current military ID card. The applicant must also be planning to attend or already attending an accredited college or university, full time, in the fall of 2013, or be enrolled in a program of studies designed to transfer directly into a four-

"We encourage applications," said Kalani Patsel, store manager, Schofield Barracks Commissary. "Every year we have no less than four scholarship recipients here in Hawaii, and

Applicants must submit an essay on this topic: "Please discuss in detail how one of the

First Ladies (since 1933) has made an impact on a social issue in the United States." Details are provided at www.militaryscholar.org.

Applications must be turned in to a commissary by close of business Feb. 22. For questions, contact Scholarship Managers at 1-856-616-9311 or email them at militaryscholar@ scholarshipmanagers.com.

#### **DeCA** report card

DeCA's fiscal 2012 report card recorded high marks: Military commissaries

saved their customers more than \$2.76 billion, i.e., 31.2 percent savings, when compared to commercial stores. Authorized customers

made 97,822,042 shopping trips, an increase of more than 1.6 million from fiscal 2011, the highest number of patron transactions since 103.7 million in fiscal 1996 DeCA's sales of \$6.09 billion were the agen-

cy's highest ever. DeCA's fiscal 2012 sales helped generate

about \$312.5 million in surcharge funds. The commissary's 5 percent surcharge is applied to the total value of customer purchases. The surcharge is used to fund new stores and new equipment and to renovate existing facilities.

Commissaries redeemed nearly 113.3 million coupons in fiscal 2012 for a customer savings of about \$104.2 million.

#### **Commissary recycling**

Recycling cardboard to the tune of 63,000 tons a year helps save the environment and builds new commissaries. Here's how: Cardboard used to ship products to commissaries is not thrown away but is collected by store workers and sold to recycling companies. Money generated from those sales — \$5.33 million in fiscal 2012

- goes to DeCA's surcharge fund, which goes directly to build and renovate commissaries.

The process used by commissaries in fiscal 2012 was 70 percent efficient, meaning that 70 percent of all recyclable material brought into stores got recycled. It surpassed the agency's recycling goal of 55 percent and its stretch goal of 60,000 tons.

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## New cervical cancer risks detailed

**SHARI LOPATIN** 

TriWest Healthcare Alliance

You might know that getting regular Pap tests is the number one way to protect against cervical cancer ... but are you at high

Cervical cancer occurs most often in women older than 30 years old, according to the Centers for Disease Control and Pre-

It used to be the leading cause of cancer death for American women. However, during the past 40 years, the number of deaths has dropped significantly. This milestone is all thanks to the Pap test — which is covered by Tricare.

However, a few factors can increase your risk for cervical cancer, and some are not well known.

#### **Risk factors**

High number of full-term pregnancies. According to the National Cancer Institute, women who've had seven or more full-term pregnancies could have an increased risk of cervical cancer. The CDC lists that number as three or more children.

Long-term use of birth control pills. Women who have used 'the Pill" for five years or more have a greater risk of cervical cancer than women who don't use oral contraceptives, is uni-

For more information on cervical cancer prevention, visit TriWest.com/prevention.

versally agreed upon by experts.

**Smoking.** This habit is perhaps one of the greatest preventable risk factors of cervical cancer. Quitting smoking can cut your risk in half.

HPV. Not to be confused with HIV, HPV stands for Human Papillomavirus, a common sexually-transmitted virus. The CDC says that almost all cervical cancers are caused by HPV. Luckily, there is a vaccine, and it's covered by Tricare.

#### **Tricare and Pap tests**

Above all else, getting regular Pap tests remains the number one way to detect cervical cancer early enough for successful treatment. Tricare covers Pap testing every year beginning at age 18 (or younger if sexually active). Then, after three consecutive normal tests, Tricare will cover a Pap test every three years, unless recommended otherwise by the doctor.

## Detecting radon exposure reduces lung cancer threat

KARLA SIMON

U. S. Army Public Health Command

ABERDEEN PROVING GROUNDS, Md. — The Environmental Protection Agency has launched its "Living Healthy & Green Campaign" to educate the public about how easy it can be to kick radon out — before and after a home, school or worksite is

The EPA estimates that nearly one out of every 15 homes in the U.S. has elevated radon levels.

Although radon is a naturally occurring gas, it is radioactive. According to the EPA, exposure to radon in the home is responsible for at least 21,000 lung cancer deaths in the U.S. each year.

Radon is colorless, odorless and tasteless. This invisible enemy can only be detected by testing.

#### Test for radon

There is no known safe level of exposure to radon, so what can you do to protect yourself and your family? Test for radon. This is accomplished by measuring the levels of radon gas. It is a relatively easy and inexpensive process.

Most often, the radon in your home's indoor air can come from two sources: the soil underneath your house or your water supply.

Radon migration through the soil into the lowest level of your home is the main cause of radon problems. However, if you have a private well, consider testing for radon in both air and water.

The devices and procedures for testing your home's water supply are different from those used for measuring radon in the air. Test kits are available at most hardware stores for about \$20-\$30. Some state programs offer low-cost or free kits. Those who are not comfortable performing the radon test can find a qualified contractor familiar with radon to do the testing for

The amount of radon gas in the air is measured in picocuries (pronounced pee-co-curries) per liter of air, or pCi/L. However, the EPA has set level for radon gas of 4.0 picocuries. The EPA strongly recommends that you take immediate action to fix your home, school or workplace if the results from the radon test show 4.0 pCi/L or more.

Elevated radon levels can cause lung cancer. If your test level shows between 2 and 4 pCi/L, consider making changes to reduce the amount of radon levels.

#### Prevent radon

Here are some steps you can take to prevent and reduce radon levels in your home:

The EPA recommends that you test your home every two years or after home renovations to monitor radon levels.

If you are building a new home, school or business, ask about radon-resistant construction.

#### **Detecting Radon**

January is National Radon Action Month. For more details about radon, visit the Environmental Protection Agency, www.epa.gov/radon/index.html.

> If elevated levels of radon are detected, repair any problems with the foundation. Seal cracks and other openings around pipes and drains.

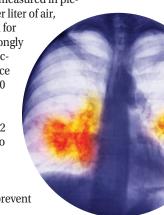
Cover any exposed earthen walls. Paint concrete floors with a sealant.

Maintain the heating, ventilation and air conditioning systems in your home. Have them serviced to ensure proper operation. If confirmed high levels are found in the

air, have a radon reduction system in-Consult with a qualified professional to

determine the best system dependent on the foundation type: basement, slab-on-grade or

If elevated levels of radon are detected in your water supply, treat the water at the point of entry or at the point of use. It may require that you have a water treatment system installed to remove the radon before it enters the building or right before it comes out of the tap.



## Avoid the trap of diet fads

**CAPT. JOY METEVIER** 

U.S. Army Health Clinic-Schofield Barracks Nutrition Clinic

SCHOFIELD BARRACKS — "How can I tell if a new diet is just a fad?"

The new year brings in the usual rush of weight loss commercials, advertisements, claims, promises and products.

Most of these "diets" are unbalanced, extreme or completely nonsensical.

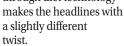
For example, a fad diet may claim that a specific food will change your body chemistry, making it easier or harder to lose weight. Another diet may promise three, five or even seven pounds of weight loss in a week. Another may promise weight loss with the injection of certain hormones or vitamins.

Unfortunately, the diet industry knows that many Americans are desperate to lose weight and are willing to try most anything to reach

As a dietitian, there is nothing more discouraging than seeing a patient disheartened by a failed "diet." The reality is that most of these "diets" do not work — not because the patient has not tried hard enough, but because the diet is based on false medical advice.

If you have fallen for one of these fads, make one of this year's resolutions to make sure your attempts to lose weight in 2013 are safe, effective and sustainable.

In the world of dieting claims and advertisements, there is not much new under the sun. Every few years, the same sort of "new breakthrough diet technology"





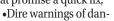
For example, the acai berry was popular in 2008 as a super food promising to recharge your metabolism. In 2012, a popular television doctor endorsed raspberry ketones as "a fat burner in a bottle." Neither of these extracts have been found to create human weight loss.

#### **Ineffective diets**

So, how do you wade through all the headlines to discern the real from the fake?

According to WebMD, the following are characteristics of a fad diet:

 Recommendations that promise a quick fix,



gers from a single product or regimen,

•Claims that sound too good to be true, ·Simplistic conclusions drawn from a complex study,

 Recommendations based on a single study or testimonials,

•Dramatic statements that are refuted by

reputable scientific organizations, •Recommendations made to help sell a

•Recommendations based on studies pub-

lished without review by other researchers, •Recommendations from studies that ignore

differences among individuals or groups, and •Eliminating one or more of the five food

#### **Effective diets**

Wondering what characteristics are found in an effective weight-loss program?

Those that encourage long-term lifestyle changes, to include recommendations for diet and activity, discourage regular consumption of processed foods and eating out, and set goals of three-eight pounds of weight loss over a month. Also, weight-loss programs that focus on improved health parameters and not just weight loss, suggest development of a support team or attendance in a support group, emphasize permanent lifestyle changes and discourage quick-fix mentality, and provide methods of self-monitoring, such as a food log or diet tracking phone application are effective.

If you approach your 2013 dieting decisions with these characteristics in mind, you will

easily be able to differentiate between a fad, quick-fix diet and a tested weight-loss program.

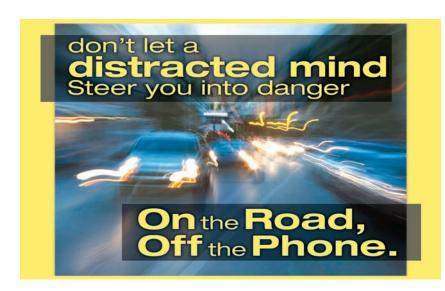
> (Editor's note: Ask the Dietitian is a monthly column.

Have a question? Email mary.staudter@us.army.mil.)



HONOLULU - Congratulations to Patrick and Tiffany Thisius on their new bundle of joy, Adelie, who was born at 2:09 a.m., Jan. 1, and was the first baby born in 2013 at Tripler Army

On average, nine babies are born each day at Tripler. After each birth, "Twinkle, Twinkle Little Star" is played over the loudspeaker recognizing each new star that has been born.



### **Pono:** Values matter

#### **CONTINUED FROM B-1**

ICE at http://ice.disa.mil.

**Army Family Action Plan.** AFAP provides real-time information to commanders from their Soldiers and family members about what they think is and is not working properly. The program allows commanders to prioritize where efforts or resources should go first.

USAG-HI and U.S. Army-Pacific hold annual conferences that review AFAP issues from the community and/or volunteer delegates. Submit solutions by completing an issue form at www.himwr.com/getting-involved/army-family-action-plan

**Ask the Garrison Commander.** ATGC is an email accessible tool that allows Soldiers, family members, retirees, and civilians (both military and non-military-affiliated) to present concerns and provide recommend outcomes to the garrison commander. Directorates and support staff research queries and provide responses to the commander, and PAIO monitors all responses.

Access ATGC email link at www.garrison.hawaii.army.mil/comments/contactgc.aspx.

**Social Networks.** USAG-HI's Public Affairs Office manages several social networks that allow customer interaction. The most popular are Facebook (www.facebook.com/usaghawaii), Twitter (www.twitter.com/usaghawaii) and the installation newspaper's online website at www.hawaiiarmy weekly.com.

"Social media networks, like Facebook, are a great resource to get important and impactful information out to the largest population as quickly as possible," said Lacey Justinger, digital media specialist, USAG-HI PAO. "However, this system isn't the venue to resolve day-to-day issues, unless it's during the town hall. Other resources like ICE and Ask the Garrison Commander are systems specifically designed to track and address current concerns."

**Town Halls.** Garrison hosts quarterly town halls online; the next Facebook town hall is 6-7:30 p.m., Feb. 27. This forum is provided as a resource to elevate awareness of community concerns during which subject matter experts provide information and can advise on policies or procedures.

**DPW Service Orders.** USAG-HI's Directorate of Public Works solicits service orders about power outages, road and building repairs at 656-1275, or through customer walk-ins at 947 Wright Ave, Wheeler Army Airfield, Bldg. 104, 1st floor. Service order hours of operation are weekdays, 6 a.m.-5 p.m. Only emergencies are serviced after hours.

**DES Community Policing.** Garrison's Directorate of Emergency Services can be contacted at 655-7114 for the Schofield Barracks area and at 438-7114 for the Fort Shafter area to report suspicious or criminal activity. DES maintains an anonymous crime tips link at https://www.tipsoft.com and monitors both Facebook, www.facebook.com /DES.USAG.HI, and Twitter, @USAG\_HI\_DES comments.

IPC Resident Feedback. Island Palm Communities, USAG-HI's partner in the management of its on-post military family housing community, offers residents the opportunity to share their ideas, suggestions and concerns through a variety of mediums. Residents can communicate with a member of their community center team in person, over the phone or via email. Contact information can be found at www.islandpalmcommunities.com/go/communitycenters. Feedback also can be provided through the Insite™ customer feedback module found at www.islandpalmcommunities .com/insite.

PAIO Customer Management Services. USAG-HI's PAIO hosts periodic focus groups and assessments to gauge the pulse of the community. PAIO will be fielding an annual Community Survey this summer, which will help PAIO obtain feedback on varied services that USAG-HI provides. This survey is important because measuring the quality of service on our installations is only half the story. It is also necessary to determine customers' expectations or the importance they attach to different attributes; otherwise, resources could be spent raising satisfaction levels of things that do not matter.



#### CONTINUED FROM B-2

#### 2 / Saturday

Fun Run — Bronco Memorial Association Fun Run at the intersection of Hauula St. and Trimble Rd., 8 a.m., free and open to the public.

Run route will include scenic views from Kolekole Pass, and a 10K, 5K and 1mile Keiki Run.

Email broncoassocia tion3bct@gmail.com or visit the Bronco Memorial Association Facebook page.

#### **Ongoing**

Road Closure — Ongoing construction of portions of Kolekole Avenue between Flagler Road and Humphreys Road, SB, will be closed, 24/7, through scheduled completion, Jan. 29.

Contra flows will be set up to allow two-way traffic on Kolekole. Project schedule is subject to change pending weather delays. Safety signs and barriers will be posted when each section of the roadway is closed. Call 656-

Hiking Club — The Hawaiian Trail and Mountain Club leads weekly hikes around various Oahu locations. For membership information, visit htmclub.org. Freeway Service Patrol — This service is operating on Hawaii's freeways and sponsored by the State Department of Transportation, the Honolulu Police and Fire departments, and Emergency Medical Services.

The free service provides assistance to stranded motorists by changing flat tires, jump-starting vehicles, refilling radiators, making certain temporary repairs and providing an emergency gallon of gasoline. The service is available 5 a.m.-7 p.m., Monday-Friday, except federal holidays. Call 841-4357.

Family Night Programs — AMR and Schofield chapels invite the public to family-night programs. The weekly event features dinner, classes and activities for ages 4 through high school and adults.

A nursery service, staffed by CYSS, is provided for children ages 6 months-4 years who are registered with CYSS or CDC.

Weekly schedule follows:
•AMR Chapel Family Spiritual Resiliency Night, Tuesdays, 5:30-7:30 p.m.

•Schofield Chapel Family Spiritual Resiliency Night, Wednesdays, 5:30-7:30 p.m. Call 833-8175 (SB) or 839-4319 (AMR).

Chess Lessons — Hawaii Chess Federation will conduct chess instruction, 5:30-8 p.m., Tuesdays, Pearlridge Shopping Center.

town.